

CUP.21 9.42/64

RIPON, 12th. February 1796.

THE present high price of Provisions in general, calls forth an exertion of the most watchful Economy, amongst all ranks of people; towards attempting to reduce both their Consumption and Value; more particularly in those articles, which, instead of affording nourishment are really injurious to health, Tea is one, it undoubtedly costs a great deal of money, and affords no nourishment, but certainly does great hurt, especially to the poorer class of people, they are therefore most earnestly advised to substitute good Milk Porridge, Oatmeal and Onion Gruel, good Beer Porridge, or any other cheaper and more nourishing breakfast.

Butter is as dreadfully expensive, and of all others the most useless and unnecessary article of household destruction, and really may be said to be as pernicious in its effects, as any luxury belonging to a table; at the present exorbitant price, the Rich are earnestly recommended to shew an example of forbearance in its use, so are the middleing class, and the poor are exhorted never to purchase this article, as it cannot do them any service; *ALL RANKS ARE REQUESTED*, as a *PUBLIC DUTY*, to give NO MORE than TEN PENCE per pound for it NEXT THURSDAY, and if the sellers refuse to take this price, to have the resolution to do without it, and a few weeks perseverance must lower it.

The reform with regard to Bread is now become almost universal, except with the Bakers and Poorer Class of People, this with them must also be accomplished, and an assize for Maslin bread of one penny, shall be set for the Borough and Liberty of Ripon. Maslin bread being both more wholesome and cheaper than fine white Rolls, and those paupers who receive assistance from the parish, are hereby informed, that if they continue the use of white rolls, or keep a Dog, the magistrates and overseers are determined to stop their weekly pay.

By Order of the MAYOR.